

RAINOW WELLBEING DAYS 2022/2023



Students who are happy and healthy tend to:

- Develop and improve concentration, motivation and energy levels
- Develop coping skills for life
- Build and maintain better relationships
- Successfully overcome difficulties
- Continue with and be successful in their academic studies

(Oxford Impact Study <https://oxfordimpact.oup.com/home/wellbeing-impact-study/>)

As a school, we acknowledge the importance of the wellbeing of the whole of our community. Last year, we decided to make this an even greater priority; not only do the children learn about understanding themselves and their emotions through our ongoing PSHE and RSE curriculum, but, as part of our whole-school approach, we also introduced dedicated days to explicitly focus on the '**5 ways to Wellbeing**'. Ultimately, we aim to equip the children with the skills necessary to recognise and regulate their emotions and be resilient when faced with challenge.

Because of the positive feedback last year, we will continue to make the first day back after each school holiday a '**Wellbeing Day**'. For many of us, returning to school/work after a break can feel daunting and/or cause anxiety, and so it seemed to us to be the perfect time to specifically focus on everyone's wellbeing. Knowing what to expect on these days can also help alleviate any potential stress caused by uncertainty and change. Each day will have a different theme and the children will have the opportunity to take part in non-academic activities around this. The emphasis will be on settling back into school in a safe and supportive way.

The plan for this academic year is:

MONDAY 31st OCTOBER 2022 - KEEP LEARNING

WEDNESDAY 4th JANUARY 2022 - CONNECT

MONDAY 27th FEBRUARY 2022 - TAKE NOTICE

MONDAY 17th APRIL 2022 - STAY ACTIVE

MONDAY 5th JUNE 2022 - GIVE



If you would ever like to discuss any aspect of your child's wellbeing or mental health with us, you are more than welcome to contact either me, Mrs Daley (SEND/CO), Mr Norris or their class teacher. More information can also be found on our school website: <http://www.rainowpri.cheshire.sch.uk/page/mental-health-and-wellbeing/130166>

Kind regards,

Mrs Helen Eddie

Wellbeing, Mental Health & PSHE Lead